

THE GLEICHEN CALL

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The Ottawa Letter

In parliament a trade agreement is being ratified between Canada and Russia by which Russia will buy some Canadian wheat.

From a commercial standpoint it may not open up a big new market, but it will foster friendship and will do something to relieve the tension that has existed between these nations. It, as it were, opens the door of good relations with a country with which we must live. No one wishes to carry on the cold war to the breaking point of a real war. All desire to keep as far away from a third world war as possible.

The story is told of a gentleman, who wished to hire a coachman, interviewing three applicants. He asked each the following question: "How near can you drive to a precipice in safety?" The first said, "Three feet," the second said, "One foot," and the third said he would stay as far away as possible from it. The third man got the job.

On the surface there seems to be a change in the attitude of the Soviet.

Stalin slowly gathered into his own hands complete power. He was an able man but his methods were cruel and ruthless. He was praised by all because he was feared. It was fear of the police, fear of banishment and fear of liquidation that allayed all opposition.

Light is penetrating dimly through the Iron Curtain. Education is being promoted in a big way and when there is enlightenment there will be, it is hoped, more goodwill and mutual understanding.

The Trans-Canada Highway. It was hoped to have this road completed this year but progress has not been so rapid as expected so an extension of four years has been arranged.

The highway must conform to standards agreed upon by the nine provinces and the Dominion. Quebec has not entered into the agreement at all and it is stated that there are very good roads all through Quebec.

Each province decides on the route through its areas and the costs are divided between the Dominion and the province. The federal government by the first agreement was to pay 50 percent of the costs but, by the new terms 90 percent will be paid under certain conditions.

The length of the highway through the nine provinces is 4,497 miles and there are 83 miles of road in national parks. Up to the present, 2,850 miles have been paved but only 1,600 miles up to the standard agreed upon. No work has been done on 185 miles. The standard calls for a 24-foot pavement of either concrete or asphalt and a 10-foot shoulder on each side. The right-of-way must be 100 feet wide except where there is dense population, where 66 feet is acceptable. When built the road will be maintained by the provinces. The province awards the contracts but they must be approved by the engineers of the Dominion. Progress payments are made and the federal contribution will be upwards of 250 million dollars.

All members who spoke on the amendments hoped that Quebec would come into the scheme as the people of that province pay a share through federal taxation.

The road will help the tourist traffic and be of great benefit to the Canadian people.

F. W. GERSHAW.

School Board

Request of the Red Deer Valley School Division received for the transfer of lands on which a new coal mine is to be located near East Coulee claiming that this will now become part of the industrial area covered by that division. Request was referred to the Municipal Council and decided to support their recommendations in this regard.

Moved and adopted that all Divisional Bursary students be offered six weeks practice teaching under a regular classroom

teacher during the months of May and June and that they be compensated at the rate of \$6 per day.

Moved and adopted that a tuition agreement be entered into with the Board of St. Rita's School District for the education of all high school pupils from the Rockyford Centralization area at St. Rita's Separate School.

The Teacher's Salary Negotiation Committee was present and terms for a new salary schedule were mutually agreed upon for a basic salary of \$2200 for one year training plus \$400 for each additional year training until a degree is obtained. Increments of \$150.00 per year allowed for experience until approximately 50 percent of the basic salary is reached. Other clauses in the schedule remain approximately as formerly.

A representative of Engineered Buildings Ltd. of Calgary was present and after lengthy discussion of the teacher shortage and living accommodation it was decided to get sketch plans and estimated costs of various types of houses and duplex apartments with modern facilities provided.

Date Set For Public Hearings

Final date for the submission of briefs to the legislative committee studying the working of the Liquor Act has been set for June 1st.

Public hearings will open June 8 for the purpose of hearing oral support of written presentations and the questioning of witnesses. Locations of the hearings will be determined by the localities in which briefs originate.

Organizations and groups wishing to make written submission are requested to file 12 copies of their briefs with the Clerk of the Assembly, Legislative Buildings, Edmonton.

The committee is headed by Edgar Gerhart. Members represent both sides of the Legislature. They include Education Minister Anders O. Aalborg, Chester Sagers, Ira McLaughlin, Harry Strom, J. Percy Page, Richard Hall and Nick W. Dushenski.

In recent weeks the group has been making studies in collaboration with the Alberta Liquor Control Board. When public hearings are concluded and the investigation is complete, a report with recommendations will be prepared for submission to the government for legislative action.

The minister was making slow progress urging his church board to approve the spending of \$200 for a new chandelier. Finally he asked rather heatedly of one adamant member: "Just why, Henry, do you persist in your disapproval?" "For two reasons," said Henry. "First \$200 is too blamed much; and second I doubt if anyone in the whole church knows how to play a chandelier."

Robinson had died and gone below. Hardly had he settled down when a hearty hand slapped him on the back, and into his ears boomed the familiar voice of a persistent salesman who had pestered him on earth. "Well, Mr. Robinson," said the traveller. "I'm here for that appointment. You'll remember that every time I came into your office to interest you in my proposition you told me you'd see me here first."

The difference in elevation between Lakes Superior and Erie is only 30 feet, while the difference between Lakes Erie and Ontario is 327 feet.

Highest mountain in Canada east of Alberta is Cirque Mountain in Labrador, 6,500 feet.

Retail stores in Canada did a record total of \$12.9 billion of business in 1955; independent stores accounted for \$10.6 billion, chain stores for \$2.3 billion.

In 1955 the amount remitted to the federal government by the Canadian automobile industry as sales and excise taxes on new cars exceeded the industry's payroll for the year. The figures were: sales and excise taxes, \$172 million; payroll, \$154 million.

HERE AND THERE

The C.W. of St. Victors' Church held a very successful bake sale last Saturday afternoon.

Last Sunday evening members of the local Order of Eastern Star Church held their first annual church parade to the United Church and worshipped with the members and adherents of the church in the regular service. About 36 members of Chapter were present along with about 45 other residents of the town and district were also in attendance.

One afternoon last week Mrs. J. A. Renaud entertained several friends at her home when a very pleasant time was had. Three of the guests were congratulated since they had birthdays recently. Mrs. Renaud does not enjoy very good health and it is only on rare occasions that she is able to leave her home.

The Gleichen-Cluny District Calf Clubs will hold their show and auction sale at the Recreation Centre May 19 instead of May 18, as reported last week.

The staff of the United Church Sunday School entertained Mrs. W. Pugh and her daughter Linda, and the former's class of Senior Girls, at the Manes. The guests and staff present enjoyed several games very much. Just before lunch was served by the hostess and some members of the staff, Mrs. P. Szewec, in a few well chosen words presented Mrs. Pugh with a Hymnary with music, as a parting gift from the staff and the pupils of the Sunday School. Mrs. Pugh expressed her regret at leaving her class of girls that she liked so much and had enjoyed teaching since last September, and spoke of her delight in the work in the Sunday School. She thanked them all for the gift, which she appreciated very much, remarking: "It was something she had wanted for some time, and would use it often in her own home and in the church in Calgary that she would attend."

Mr. and Mrs. M. Yates of Olds, attended the birthday anniversary of the Alberta Star. There they met and chatted with many who they met when they lived in Gleichen.

Civil Defence

The mechanization of war has made cities, where factories and industrial plants are most densely concentrated, the likeliest targets in a nuclear war. Federal civil defence officials estimate that one H-bomb, with the destructive force of 5,000,000 tons of TNT would obliterate everything in an area of about 28 square miles.

That wouldn't leave much of any Canadian city and there is, therefore, only one sure means of survival for the people living in such a city: not to be there when the bomb goes off. A basic plan of evacuation that can be adapted to any Canadian city has been worked out by federal civil defence experts. Briefly, it is this: Phase A—Enough warning of an attack is expected so that about a third of the population can be taken out to communities up to 100 miles away. This would include children up to high school age, mothers with small children, patients and staffs of hospitals and others who have key work to do.

Phase B—Planned withdrawal of the rest of the population when attack appears certain. Every available means of transportation would be used. This requires a carefully worked out plan, for which the provinces and municipalities are responsible. A city must be divided into sectors, each with its exit route. No traffic would be allowed to cross exit routes and incoming traffic would be stopped at last 25 miles out of the city. Police and civil defence volunteers must provide the vast amount of supervision required for carrying out the evacuation.

Phase C—Civil defence authorities must instruct the public on whatever additional survival action should be taken as the bomb approaches.

(Continued on last page)

Chapter Observes 42 Birthday

The 42nd birthday anniversary of the Alberta Star Chapter was held in the Masonic Hall one evening last week. A large number of visitors were present from Calgary, Strathmore, Standard, Husar, Bassano and Olds. Margaret Bell, Mable Armitage and Bessie Bloom P.G.M.'s, were present also Margaret Anderson, Ellen Armstrong, Jessie Kennedy, Evelyn Hildebrech and Laura Byrd who are Grand Officers. Other distinguished guests, visitors and members brought the attendance to approximately 140.

Margaret Bell, P.G.M., was presented with an Honorary Membership in the Alberta Star Chapter. Others who were honored on this birthday occasion were 23 Past Matrons and Past Patrons of the local Chapter.

The highlight of the evening was a talk given by Bessie Bloom, P.G.M. She told of her trip to the General Grand Chapter in Washington, D. C., last year. She gave the tribute which she had given to the Union Jack while there.

At the close of the evening a delicious lunch was served.

NOTICE



The special Committee appointed by the Legislative Assembly at the recent Session for the purpose of reviewing the provisions of the Alberta Liquor Control Act in order to recommend amendments thereto, will receive written briefs from interested persons, groups, and organizations prior to June 1st, 1956.

Representatives in support of the briefs submitted by organizations or groups only will be heard commencing June 18th.

Organizations and groups that submit briefs will be advised when to appear before the Committee.

Twelve copies of the briefs should be sent to: The Clerk of the Legislative Assembly, Legislative Building, Edmonton.

R. CREVOLIN,
Secretary of Committee.

speaking of BALANCED DIETS..

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Agricultural authorities in your district will be glad to help you determine your land's plant food needs. And don't forget—see your Elephant Brand agent ... ask him about the right fertilizer for your farm!

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... MORE FROM YOUR LAND WITH ELEPHANT BRAND ...

Luxurious high-fat diet one big reason for heart attacks

After a thorough study of all known clues to why American men are so much more prone to heart attacks than men of some other nations, a distinguished scientist could put a finger on only one thing—the American "luxurious high-fat diet".

"The incidence of myocardial infarction among American men aged 50 is not simply a little higher than among men of the same age in populations who live on low-fat diets—it is many times higher," said Dr. Ancel Keys, director of the laboratory of physiological hygiene of the University of Minnesota.

He granted at once that neither he nor anyone else could prove that all of "this tremendous difference" was due to high fat diets alone. "But it is fair to say," he added, "that, except for physical exercise, no other clue is in sight. Even the concept that 'stress and strain' is influential needs study because of the complete absence of evidence for its validity."

Old theory dismissed
He dismissed the "stress and strain" theory by saying it persisted because of its "psychological basis," then quoted approvingly the British scientist, Dr. E. M. Arnett: "How much nicer it is when stricken with a coronary thrombosis to be told that it is all due to hard work, laudable ambition, and selfless devotion to duty than to be told it is due to gluttony and physical indolence."

TRY AND STOP ME!

By BENNETT CREEP

What does a circus stunt man, who specializes in being shot out of cannons, think about? Well, Luis Roleys, who did that sort of thing superlatively well in Barcelona, Spain, for over 10 years, thought a lot about his wife—and her occasional bad aim. For it was she who fired the cannon. Seventeen times Roleys went to the hospital. Finally, she shot him straight into the lions' cage. That did it. Stunt man Roleys applied for a job selling tickets.

A stoutish lady hurried into the city health department of Charlotte, N.C., and was promptly directed to the maternity section. After a thorough examination, including X-rays, she suddenly rebelled, declaring, "I don't see why I have to go through all this just to get my little boy's teeth fixed!"

Mr. Sapporatas was watching the stock ticker when his 12-year-old daughter phoned to report "Mommy put both cars in the garage this morning and now she can't get them out."

"Why not?" asked Mr. Sapporatas. "You seem to have forgotten just like mommy," said his daughter. "We only have a one-car garage."

A tax collector was examining the books of a defiant—but slightly worried—delicatessen proprietor when the clerk, climbing aloft to fetch a can of preserved peaches, upset a whole pyramid of same. Cans came tumbling down on the tax collector's noggin, sending him sprawling to the ground.

"Be careful, Irving, you fool," cried the proprietor. "Supposing that had been a customer!"

Timothy seed exports

At the end of December, 1955, Central Ontario reported a total of 200,000 pounds of timothy seed exported to the United States. The Lower Ottawa Valley had shipped 180,000 pounds to Europe, 60,000 pounds to the United States and 30,000 pounds of red clover seed to the U.S.A. From the Upper Ottawa Valley sub-district, 12,000 pounds of Climax timothy, registered and certified grades, had been shipped to the United States.

PATENTS

AN OFFER TO EVERY INVENTOR. List of inventions and full information free. THE RAMSAY COMPANY, Registered Patent Attorneys, 273 Bank Street, Ottawa, Canada.

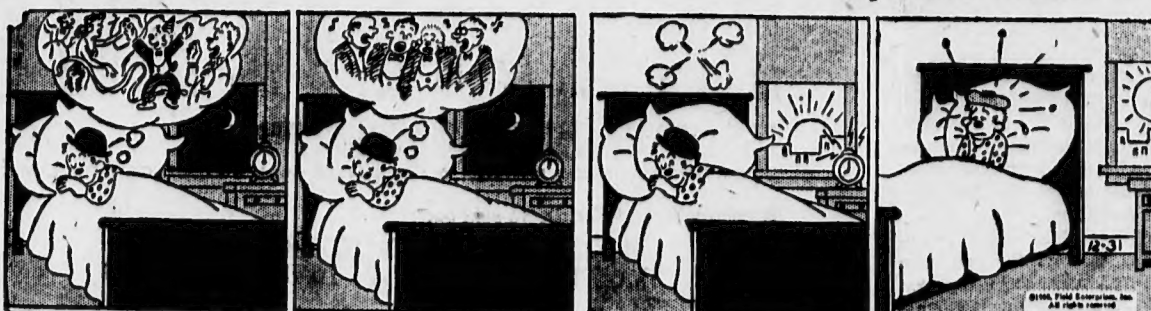
Worry of FALSE TEETH Slipping or Irritating?

Don't be embarrassed by loose false teeth slipping, dropping or wobbling when you eat, talk or laugh. Just sprinkle a little **PASTETEK** on your plates. This pleasant powder gives a remarkable sense of added comfort and security by holding plates more firmly. No gummy, gooey, pasty taste or feeling. It's alkaline (non-acid). Get **PASTETEK** at any drug counter.

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BOZO



SHHH! — Zoe, left, and Micol Fontana pore over patterns in Rome, Italy, as they prepare to fashion lace for Margaret Truman's wedding dress. The sisters, whose family name is a hallmark in the fashion world, refuse to divulge details of the design. All that is known is that the street-length gown for the April 21 ceremony will be of lace and tulle in beige. Margaret will marry newspaperman Clifton Daniel April 21, in Independence, Mo.

Will challenge Shaw's scheme for alphabet

The British Museum will challenge George Bernard Shaw's bequest setting up a fund to increase the English alphabet to about 40 letters, one of Shaw's friends said recently.

I. J. Pitman, a British member of Parliament who knew Shaw well, said the suit will determine the disposition of a substantial sum of money from royalties earned on Shaw's writings since the famous dramatist and wit died in 1950 at the age of 94. Shaw's will provided that if nothing is done about his scheme to change the alphabet—one of his pet brain-children—the fund would be split among the British Museum, the Royal Academy of Dramatic Art, and the National Gallery of Ireland.

Pitman said Shaw was irritated by the fact that a single letter in English can stand for several different sounds. He thought about 40 letters would attain his goal of one sound for one letter.

The public trustee, a government office administering estates, was directed to get the project going within 20 years, so there still is lots of time. But Pitman said he got the impression the public trustee's office doesn't care much for this task.

"It knows a lot about estates," he said, "but not very much about alphabets."

Pitman said Shaw's estate "is still earning a lot of money." "Royalties are still coming from many sources, and a really substantial sum is involved," he added, "but I am not permitted to reveal the figure."

Shaw's estate was estimated at about \$1,000,000 soon after his death. He made numerous specific bequests, the alphabet fund to be set up with the residue.

Over-forty exercises

A reasonable amount of exercise is good for everyone but it should be suited to the age, weight and condition of health. For the "over-forties" who have tendencies towards overweight, the doctor should be consulted before any strenuous program is started. Most doctors approve walking, gardening, moderate golf and lawn bowling. For those who have always been swimmers, this, too, will probably be allowed on the program for those in normal health.

The Pattern Shop

SUGAR-SWEET

This whirly dress for your little girl



7092

SIZES 2-10

by Alice Brooks

Fashion loves a whirly dress—little girls do too! This one is the prettiest—frosted with embroidery; tied with a big bow!

Pattern 7092: Tissue pattern, transfers, directions for making a gay pinafore in children's sizes 2, 4, 6, 8, 10. State size.

Send thirty-five cents (35c) in coins (stamps cannot be accepted) for this pattern. Write plainly Size, Name, Address and Style Number and send orders to:

Household Arts Department, Department P.P.L., 60 Front Street W., Toronto.

Order our Alice Brooks Needlecraft Catalogue. Enjoy pages of exciting new designs—knitting, crochet, embroidery, iron-ons, toys and novelties! Send 25 cents for your copy of this wonderful book now. You'll want to order every design in it!

Fashions

Week's sew-thrifty



4506 12-20

by Anna Adams

Only FOUR main pattern parts to cut out, stitch! See the diagram, how EASY it is to make this pretty summer dress! Its smooth, simple lines are so flattering to your figure. Shoulder bows untie for jiffy ironing. Choose a gay cotton—sew it now!

Pattern 4506: Misses' Sizes 12, 14, 16, 18, 20. Size 12 takes 5½ yards 35-inch fabric.

This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions.

To obtain this pattern send twenty-five cents in coins (stamps cannot be accepted) to:

Anna Adams Pattern Dept., Department P.P.L., 60 Front Street W., Toronto.

Be sure to write plainly your Name, Address and Pattern Number.

METAL LANTERN

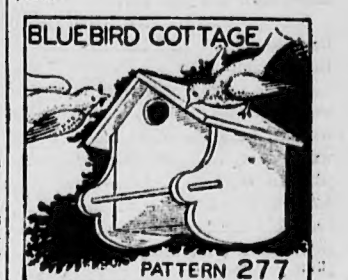
No special skill needed; bluebird cottage

While no special skill is needed to make this handsome post lantern you will need a pair of tin-snips and a soldering iron, as well as some household tools, including a pair of pliers. The "do-it-yourself" craftsman will find that he has saved a tidy sum when the cost is compared to that of a ready-made lantern. The practical experience gained in making the



PATTERN 343

first one may lead to others as working with metal is an interesting avocation for the handyman. The price of this pattern is 35c. The Homestead Improvement Packet which includes the lantern pattern, and four other outside improvements will be postpaid for \$1.50.



PATTERN 277

This bluebird house is a perennial favorite both with us bird lovers who like to make them and the bluebirds that like to use them. The pattern also gives directions for a popular wren house. My husband and I have made many of these two styles and feel well repaid each spring when the songsters return. I think a great deal depends on where they are hung. Well up under the roof overhang at the gable ends of the house is the favorite place for house wrens. High in a tree standing apart in the orchard seems to be preferred by bluebirds. Pattern 277 with both designs will be mailed for 35c or will be included in the packet of bird house patterns for \$1.50 postpaid.

Address order to:

Home Workshop Patterns, Department P.P.L., 4433 West 5th Avenue, Vancouver, B.C.

Takes six workmen to instal washer

The British magazine Shipping complained recently that it requires six workmen to install a rubber washer to keep a marine toilet seat from hitting against a bulkhead when lifted.

The magazine said such "restrictive practices . . . are daily nullifying efforts to complete ships on time."

It listed the six workers as:

1. The marker off who marks the spot for the washer.
2. The driller who drills a hole for the screw.
3. The caulker who threads the hole in the bulkhead.
4. The joiner who marks and fits the wooden pad and stopper.
5. The polisher who touched up the pad.
6. The painter who touches up the bulkhead.

319c

Climax Timothy seed available

REGINA.—Seed supplies of Climax Timothy are being distributed to interested seed growers in Saskatchewan, this spring. The seed, which was produced by the Canadian Forage Seeds Project, is approved stock and is eligible for registered production.

Climax is a superior variety adapted to eastern Canadian conditions and was developed by the Canada Department of Agriculture at Ottawa. Although not recommended for hay or pasture use in Saskatchewan, except under special conditions, production of seed is feasible in the better moisture districts of the province, particularly the northeast.

It is expected there will be a good demand for Climax seed in eastern Canada and the United States, assuring Saskatchewan growers of a reasonably good market.

Farmers in better moisture areas of Saskatchewan who wish to go into seed production of Climax, may get further information about the distribution of seed stocks by writing to R. E. McKenzie, director of the Plant Industry Branch, Department of Agriculture, Regina.

Cotton and jute are the principal exports of Pakistan.



EXPORT
CANADA'S FINEST
CIGARETTE

By Foxo Reardon

OUR COMPLETE SHORT STORY —

lazy boy

—By I. DE LA TORRE

HIS sneakers raising puffs of dust, Billy raced down the path to the lake. Now he stopped, snatched an overhanging branch and clung to it, gasping for breath. After a backward glance satisfied him that the little white schoolhouse no longer showed through the trees, he jerked up his black trousers and shuffled on.

"School!" he mumbled to himself. "I'm sick of it! And if Ma put on any more crying acts when I talk about quitting, it just ain't going to do her any good. I could fake my age and join the Navy to see the—Nah! I'll just drift around, free like a kite."

Now that his future was so promptly settled, Billy looked around for something to attract his immediate interest. A thin column of smoke rising from the clearing caught his eye.

"Funny time for anybody to have a fire on the beach," he told himself and dashed across. The two men crouching over the fire turned around as Billy approached. Both wore shabby clothes, and their faces looked as if untouched by water or razor for weeks.

"You — you tramps?" Billy blurted.

The two men looked at each other and the one sitting on an overturned lard can answered.

"Yeah, we're bums. What you doin' here? Ain't yuh supposed tuh be in school?"

"Sure. Just taking a vacation today," and Billy grinned, pleased with his wit.

The big man who had just spoken picked up a twig, snapped it, threw it on the fire.

"Hey, Joe," he grunted to his companion, "what yuh say duh kid joins up wid us?" He put his hand on the boy's shoulder.

"You mean go around tramping with you?" Billy broke in.

"Yuh know how tuh ride rails, kid?" Joe inquired.

"Sure—sure I do," Billy wasn't as certain as he sounded, but from what he had seen of "riding the rods" in the movies it looked easy enough.

The first tramp picked up a rusty can and with the aid of a stick propped it in the centre of

the crackling twigs. He was still poking it into position as he drawled out, "Hey, Joe. 'Member Horsey Sinder? Jus' heard other day he lost his leg ridin' onnah Santa Fe. Trackman followed up his blood fer ten miles."

"Awh, that guy could'n hold ontuh a kiddy car 'out fallen off. Yeah, got woid Bearty Osler got it too las' week. Head crushed 'twen couplers like it was eh squashed egg." Here Joe paused and pointed to Billy's feet.

"Mike, wouldjah ast dah kid tuh gimme his shoes? Mine's ain't got 'nuf sole on 'em tuh grind up fer chewin' tobacco."

"Mine?" Billy cried. He held one foot forward for them to see. "These are my only school shoes and I—"

"Yeah—yours," Mike snarled. "Yuh ain't going tuh school no more, is yuh?" He started to stand up but Joe motioned him down. "Awh, lettem have 'em. He'll be wearin' noospapers 'round his feet soon 'nuf. We got 'nother forty below winter of las' year an' no doubt dah remains of muh toes'll get frozen off. Hah, muh muh feet'll be little 'nuf tuh wrap intuh dah tabloids," he finished, chuckling to himself.

Billy, kneeling beside the fire, watched the dying flames and fidgeted with the buckle on his belt.

"Yuh scatchin' agin?" Mike grunted at his companion.

"Can't help it, Mike. Jus' thinkin' 'bout dat flop jernt last night. Jeez! Dos bedbugs crawlin' over me innah dark was so big I figured mebbe dey was turtles."

Mike grinned broadly and picked up his stick to poke the can. "Chow's on!" he called to Joe.

Billy leaned over and peered into the can. "What—what is it?" he stammered.

"Stewed pig tails," Mike drawled. "Ain't off we got such luck as tuh get such good eat'n as that, do we Joe?"

"Yeah, 'member dat time we couldn't get nuttin but fish heads otta dah garbage pails? Musta been time wasn't much meat 'round."

"Here, kid," Mike was proudly holding up the can. "New members foist. Gobble it down when it's still good'n hot, boy."

"No—no thanks. I—I—" Billy's lips clenched together and his hands went instinctively over his mouth. He shook his head and fled.

Mike dropped the can, threw back his head and laughed until he sank to the ground exhausted. His companion wiped a laugh-tear away.

"What did you do, Mike?" he panted. "Broil our worms?"

Mike nodded. "The fishing was getting terrible, anyway." He rose wearily off the ground. "Come on, let's look for the canoe and start home. And please remember, dear brother, that it's your turn to take mother to a fish dinner at the Seafood Grotto."

Ancient Egyptian kid sandals unearthed by archeologists have retained their brilliant colors after 4,000 years.



JOE DIMAGGIO AND SON—While the rest of the baseball world is busy with spring training, retired Joe DiMaggio spends an afternoon with his son, Joe, Jr., 14½, around a pool at Beverley Hills, Calif. DiMag enjoyed a short visit with his son before flying to New York.

Why exercise?

BY S. F. CALDWELL

Physical Director, Regina Y.M.C.A., Regina, Saskatchewan

Research data recently published in the United States and Canada has pointed out the low fitness level of the North American people in terms of muscular strength, endurance and flexibility. Many of our children and adults alike lack sufficient strength to lift their own body weight up to chin height and are unable to bend, keeping the knees straight, and touch their fingers to the ground.

The need for more exercise of a vigorous nature is greatly in evidence in our era of television, movies and spectatoritis.

Experiments have shown that individuals who exercise are subject to fewer colds, less nervous tension and fewer backaches than persons who live a highly pressured life of appointments and tense, frustrating situations with no outlet whatsoever.

The tremendous importance of

Make retirement a new career

Many busy active people find that after retirement they cannot stand the monotony of idleness.

Once the lifetime job is ended, there should be a substitute to occupy hands and mind. For at least ten years before retirement, a lot of time should be spent in choosing and experimenting with various hobbies and sparetime occupations, to be commercially profitable or not, according to the need for money to help to eke out the pension. There are many volumes available in most public libraries in which various hobbies are described, and most people will find several of interest for their later "career."

Exercise leads to greater strength, agility, balance, endurance and flexibility. The types of activity an individual may engage in to receive an adequate amount of exercise are walking, hiking, skiing, skating, hockey, swimming, track and field, wrestling, gymnastics, weight training, calisthenics and numerous others.

Games also play an important role in the physical development of the individual, but they are only a part of the physical training picture. Most games exercise and develop the muscles of the thighs and legs and entirely miss the arms, shoulders, chest and back muscles.

A varied exercise program, involving the large muscles of the lower and upper body will not only enhance the appearance of the individual but also the physical efficiency so he may better serve himself and others.

GARDEN NOTES—

Frequent change of residence no obstacle to good garden

Even people who have just moved into a brand new house can have a good garden and have it this season too. Even those who rent and move every few years can also have an excellent showing. In these cases, of course, we rely on annual flowers rather than perennials which must get established.

And, it is amazing what can be done with annuals exclusively. We can get vines that will cover a porch in a matter of weeks, things like scarlet runner beans, the modern and vastly improved morning glories. Or we can use window boxes filled with trailing nasturtiums, and semi-trailing petunias, marigolds and zinnias.

For big screens to act as hedges there are all sorts of rapid growing bushy annuals like cosmos, african marigolds, spider plants, larkspur, hibiscus, malope and others that are listed in any Canadian seed catalogue. These quick growers reach two to four feet and will take the place of shrubbery and give privacy as well as abundance of bloom. As for the regular beds, there are hundreds of annuals from which to choose.

Where we have just moved in we can combine special annuals with the permanent perennials which will eventually take their place. In amongst the tiny new shrubs, climbers, and trees, we plant liberally with big annuals and we continue to do this for the first few years until the permanent stuff has got established and requires the full room.

Can't buy this quality

We all know the old argument about it being cheaper to buy vegetables than for the urban man to grow them. That is all very well but it overlooks an important point. No matter how handy the store and how fast the transportation, it just isn't possible to buy the sort of freshness that comes only with vegetables grown in one's own garden. A little plot where we have a few feet of lettuce, onions, radish, carrots and perhaps a row of beans, tomatoes, or corn, will repay itself many times over just in freshness alone.

Not a great deal of room will be necessary. To make it go further there are various ways of growing two crops, or practically so, on the same piece of land. Of course in this intensive sort of vegetable gardening, extra fertilizer is essential and the soil must be well worked and rich in

Explain 'pink' in chickens

That pink color appearing in well-done roasted chickens and questioned by housewives is the result of the same chemical reaction that causes redness in ham and other cured meats, scientists have discovered.

Any roasting flame, the researchers point out, produces minute amounts of gases which react with hemoglobin remaining in the flesh of even well-bled birds to leave the tinge.

The age of the bird, amount of fat under its skin, heat of the flame and method of roasting determine how much of the flesh turns pink and how deep the color goes, the specialists added.

WEEKLY BIBLE COMMENT

PENTECOST MARKS BIRTH OF THE CHRISTIAN CHURCH

The birth of the Christian church is usually dated from the Day of Pentecost.

Hitherto, Christianity had its growth in the fellowship of the Teacher and His disciples moving about from place to place. But now, with their Master ascended, the disciples became organized into a more definite fellowship.

Originally, Pentecost was a festival held 50 days after the Passover. A Jewish festival, it became a symbol in the Christian church of the outpouring of spiritual power. We speak today of a "Pentecost of grace," a "Pentecost of blessing," a "Pentecost of power."

What did it mean to receive the Holy Spirit? What do we mean by the Holy Spirit? There have been various forms of definition and interpretation, even among those who have accepted the belief in three persons in the Godhead—Father, Son and Holy Spirit. Some have thought of them as three manifestations of the one God.

It is obvious that in considering the Trinity we are in a realm of mystery, where definitions and explanations are exceedingly difficult and where any one man's human conception may fall far short of reality.

Perhaps we may say that the Holy Spirit represented to the disciples the same Presence that Jesus had represented when He was among them.

The baptism of the Holy Spirit is the baptism of God—the power of God manifest in the hearts and lives of men.



Genuine Red Cedar shingles in the economy grades



Dollar for dollar genuine red cedar shingles—in the economy grades—remain your one best buy in a quality roof and wall building material. Cedar lasts for decades, resists all kinds of weather, and keeps buildings snug, secure and naturally good-looking. See your lumber dealer about economy grade cedar shingles, and send for helpful free books on planning.

FREE! Send coupon for these three helpful booklets.

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Gentlemen: Please send my copies of the booklets "Roof and Wall Shingling Made Easy," "Genuine Red Cedar Shingle Roofs and Walls," and "Certificate Handbook of Red Cedar Shingles."

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"CARINTHIA" Maiden Voyage

June 27
from Liverpool to
Quebec and Montreal

July 6
from Montreal
to Liverpool



The splendid new CARINTHIA will make her maiden voyage this summer. She is the third of a quarter of 22,000-ton Cunarders especially built for the St. Lawrence. Already in service are her sister ships, the SAXONIA and IVERNIA. In 1957, the SYLVANIA, fourth of these great vessels, will join them.

Early St. Lawrence Sailings
from Montreal
RESERVE NOW

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ASCANIA Wed., April 25
IVERNIA Sat., April 28

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CLASSIFIED ADS

WANTED—Male or female in Gleichen or district who would like to learn how to play the **PIANO-ACCORDIAN**. The person who qualifies will obtain two years free lessons. This is a limited offer so write immediately to T. Steiner at 602A Centre St., Calgary for personal interview. Please state age.

FOR SALE—9x12 British Indian rug and felt, good condition. Phone Mrs Schmidt 19 or 82.

FOR SALE—1940 Chev. coupe. phone 24, Gleichen.

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TENDERS FOR COAL WESTERN PROVINCES

SEALED TENDERS addressed to the undersigned and endorsed as above, will be received until 3.00 P.M. (E.D.S.T.), THURSDAY, MAY 24, 1956, for the supply of coal for the Federal Buildings and Experimental Farms and Stations throughout the Provinces of Manitoba, Saskatchewan, Alberta and British Columbia.

Forms of tender with specifications can be obtained from the Chief of Purchasing and Stores, Department of Public Works, Garland Building, Ottawa, the District Architect, 705, Commercial Building, Winnipeg, Man., W. T. Rutherford, Officer in Charge 308 London Building, Saskatoon, Sask., the District Architect, Sun Building, Cor. 104th Ave & 108th St., Edmonton, Alta., and the district Architect, 1110 West Georgia Street, Begg Building, Vancouver, B.C.

Tenders will not be considered unless made on or according to the printed forms supplied by the Departments and in accordance with conditions set forth therein.

The Department reserves the right to demand from any successful tenderer, before awarding the order, a security deposit in the form of a certified cheque drawn on a bank incorporated under the Bank Act or the Quebec Savings Act payable to the order of the RECEIVER GENERAL OF CANADA, equal to 10 per cent of the amount of the tender, in accordance with the Government Contracts Regulations now in force, or Bearer Bonds, with un-matured coupons attached, of the Government of Canada or the Canadian National Railway Company and its constituent companies, unconditionally guaranteed as to principal and interest by the Government of Canada.

The lowest or any tender not necessarily accepted.

ROBERT FORTIER,
Chief of the Administrative
Services and Secretary,
Department of Public Works,
Ottawa, April 20, 1956.

Town & District

So far we have had six months of winter. Wonder how much longer it will continue.

Tom Bates leaves on Saturday for Ireland where he will spend several months visiting relatives.

Brian McKay has been confined in the Bassano hospital owing to illness.

Flight-Sergt. J. J. (Buster) Roueche has been appointed to Flying Officer. At the present time he is taking a special six weeks course at London, Ont. When he has finished there he will be moved to another location.

Our old friend George Hunter has been laid up with a bad cold.

Miss Ethel Bates who is with the staff of the Department of Indian Affairs in Calgary for sometime has been transferred to Edmonton. She left for the northern city Saturday.

Roy McLeay underwent a lung operation in the Belcher hospital Thursday. He is reported to be making good progress towards recovery.

Rodger Gleddie celebrated his fourteenth birthday last Wednesday when a number of his friends gathered at his home and had a weiner roast.

The F.W.U.A. met at the home of Mrs David Yule last Thursday afternoon. Fourteen members answered the roll call, "My Childhood Experience." A donation was made to the Cancer Fund. A bulletin on the Associated Country Women of the World was read by Mrs. McMillan, and a paper on Homecraft was read by Mrs. Floyd Sammons. The next meeting will be held at the home of Mrs. W. Towers on Thursday afternoon, May 10. Members are requested to bring their mother's picture for the Mother's Day program.

The travel films on Newfoundland, Norway and the immense park in Africa, and two comic films were shown Friday night at the school and were very much enjoyed. There were about 75 present. A lot of tickets were sold in town and district so a nice sum of money should be realized towards the curtain fund.

ANNOUNCEMENT

Mrs. Helen Bogstie announces the engagement of her daughter, Lillian Margaret (Peggy) to Mr. L. C. Menard. Wedding to take place on May 18th.

(Continued from page 1)

Civil Defence

plodes. Everyone must remain in shelters or, if on an evacuation route, keep going until directed to shelter. These directions would be given by radio through traffic officers and civil defence wardens.

Phase II—In this post-bomb period, hundreds of thousands of people will be scattered outside the city in small communities. People may be separated from families and must be brought together again. They must be kept informed, given food, shelter and clothing and protection against radioactive fall-out, the dangerous dust from the pulverized city sifting down from the sky an hour or so after the blast.

The rehabilitation period that followed would not be handled by civil defence alone but by all government agencies and all the people of Canada.

To carry out such an immensely detailed plan these essential steps are recommended:

"A well organized civil defence force, including auxiliary personnel for police and fire duties and wardens about one to every 150 families to supply the vital link between the people and the city's main C.D. organization.

Development of an operational plan for evacuation. The city civil defence director should set up working teams to find solutions to every problem. Then the plan must be tried out.

F. F. Worthington, federal civil defence coordinator, was not exaggerating when he said: "Evacuation of a large city will work well only when a great deal of planning and testing has been done"



Meet your bank manager...

He's easy to meet—and a good man to talk things over with. Not just because he knows a lot about banking, but because he can be counted on to apply that knowledge and experience to your particular need.

To him banking is more than dollars and cents, more than figures in a ledger. To him, banking is the opportunity to work with people—through bank services to help with your problems, your hopes and plans.

That is what he has been trained to do. That is what he likes to do. You'll find he's a good man to know.

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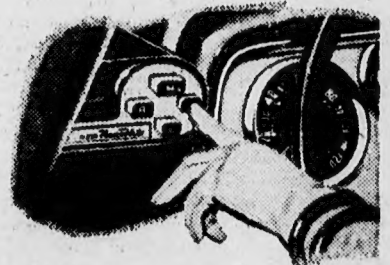
DODGE 30 SPRING SHOWING

Follow the crowds and pocket the savings! Prices are low... values are high on the glamour-and-go car with the Forward Look!

Drive a Dodge

Just push a button... and get set for a new kind of driving thrill! Outstanding new Dodge push-button PowerFlite makes all other automatic transmissions old-fashioned.

Step on the gas... and go! Try the lively getaway, the split-second response of the new Dodge V-8 (new with up to 200 h.p.)... or the dependable performance of the Dodge Six.



Discover Dodge value!

Compare every car in the low-price field—and you'll find these advantages only in Dodge!

● Flight-Sweep styling, the one really new development in design!
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● 15 great safety features as standard equipment on every model!
● Biggest wrap-around windshield of any low-priced car!

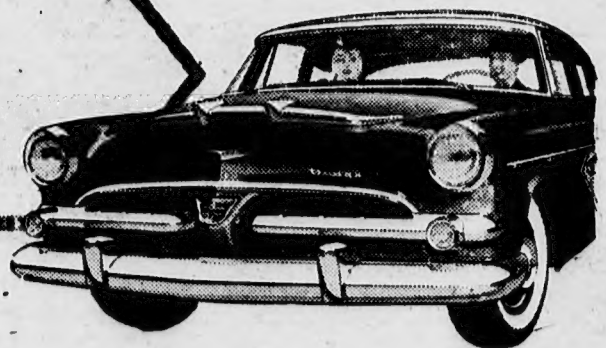
Deal for a Dodge!

Priced with the lowest! One look at the low price tag and you'll say, "It's a deal!" Because we're making the very best deals you can find anywhere!

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REMEMBER, MAY IS SAFETY MONTH... DRIVE SAFELY!



Immediate delivery 6's and V-8's... gay new spring colours!

Central Motors, Gleichen

WATCH CLIMAX—SHOW OF STARS WEEKLY ON TV. CHECK YOUR NEWSPAPER FOR DATE AND TIME.